

**For immediate release  
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## **DCR OFFERS MANY ACCESSIBLE RECREATION OPPORTUNITIES FOR SUMMER AND FALL 2008**

*Adaptive Recreation Fair to be held in Boston in September*

The Massachusetts Department of Conservation and Recreation (DCR) continues to offer a wide variety of adaptive, accessible recreation opportunities throughout the Commonwealth this summer and into fall. People with disabilities, with their friends and families, are invited to participate.

The activities, offered through DCR's Universal Access Program (UAP), are held primarily on weekdays, June through September, and include cycling, kayaking, canoeing, rowing, sailing, hiking, letterboxing, birdwatching, interpretive programs, and more. (See the full list below.)

For persons with disabilities, free use of accessible equipment, such as kayaks and terra trek chairs, as well as staff assistance, is available. In winter, the program offers accessible cross-country skiing, snow shoeing, kick sledding, snowmobiling, and ice skating. Skilled instructors and volunteers provide equipment, instruction, support, and safety.

On Sept. 27, DCR has scheduled a free Adaptive Recreation Fair at Artesani Park in Boston. At the fair, which will run 10 a.m.-3 p.m., the public will be able to sample and try out a variety of adaptive recreation equipment, including cycles and all-terrain wheelchairs. Refreshments will be provided and information will be available on upcoming accessible recreation opportunities in the Boston area and statewide. Artesani Park is on Soldiers Field Road in the Brighton neighborhood.

The UAP strives to increase the participation among persons with disabilities in indoor and outdoor recreational activities in integrated settings.

"Our Universal Access Program is one of the most innovative and groundbreaking programs in the nation," said DCR Commissioner Rick Sullivan. "It has helped make our state park recreation programs more inclusive, so that people with disabilities can participate independently, or with their friends and families, in a wide variety of activities."

COMMONWEALTH OF MASSACHUSETTS · EXECUTIVE OFFICE OF ENERGY & ENVIRONMENTAL AFFAIRS

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Deval L. Patrick  
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Timothy P. Murray  
Lt. Governor

Ian A. Bowles, Secretary, Executive  
Office of Energy & Environmental Affairs

Richard K. Sullivan, Jr., Commissioner  
Department of Conservation & Recreation

Preregistration is required for all activities. In the eastern part of the state, call 617-626-1294; in the western part of the state, call 413-545-5758. Also, call about volunteer opportunities!

For additional information on DCR's Universal Access Program and a schedule of activities, visit [www.mass.gov/dcr](http://www.mass.gov/dcr) and click on "Universal Access Program," or call 617-626-1294 or 413-545-5353 (voice) or 413-577-2200 (TTY).

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## DCR UNIVERSAL ACCESS PROGRAM SUMMER/FALL 2008 SCHEDULE

### CYCLING

Norwottuck Rail Trail, Hadley

Fridays: Through September 26, Noon-5PM

### BOATING: SAILING, KAYAKING, CANOEING, ROWING

Charles River, Boston, **Sailing**

Walden Pond State Reservation, Concord, **Kayaking**

Elwell State Reservation Area, Northampton, **Canoeing**

DAR State Forest, Goshen, **Kayaking**

Hopkinton State Park, Hopkinton, **Kayaking**

Douglas State Park, Douglas, **Kayaking**

Elwell State Reservation Area, Northampton, **Rowing**

Spot Pond, Middlesex Fells, Stoneham, **Kayaking**

Barton's Cove, Turners Falls, **Kayaking**

Northfield, **8 miles, Paddling**

Montague to Sunderland, **11 miles, Kayaking**

Barton's Cove Upriver Exploration, **Kayaking**

Weekdays: Through August 31 from 3-5 PM

Mondays: Through-August 4, from 10AM-3PM

Tuesdays: Through August 19 from 10AM-3PM

Wednesdays: Through August 20 from 10AM-3PM

Thursdays: Through August 21 from 10AM-4PM

Thursdays: Through August 21 from 10AM-3PM

Thursdays: Through September 25; hours vary

Fridays: Through August 22 from 10AM-4PM

Monday: August 11 from 5-7PM

Saturday, August 2 from 9 AM -4 PM

Sunday, August 17 from 9AM-4PM

Sunday, September 14 from 1-5PM

### LETTERBOXING

Blackstone River and Canal Heritage State Park, Uxbridge

Great Falls Discovery Center, Turners Falls

Saturday, September 20 from 11AM-3PM

Saturday, October 25 from 11AM-3PM

### FISHING

Elwell Recreation Area, Northampton

Tuesday, August 26 from 9 AM -4 PM

### HIKING

Spectacle Island, Boston

Wompatuck State Park, Hingham

Pittsfield State Forest, Pittsfield

Blackstone Heritage, Uxbridge

Quabbin Reservation, Belchertown

DAR State Forest, Goshen

Maudslay State Park, Newburyport

Wednesday, July 30

Wednesday, August 6

Wednesday, August 20

Friday, September 12

Wednesday, September 17

Thursday October 5

Saturday, October 18

### ACCESSIBLE RECREATION FAIR

Artesani Park/Herter Park, Brighton

Saturday, Sept. 27, 10AM-3PM

**HORSEBACK RIDING**

Bradley Palmer, Topsfield

Fridays: August 29 and Sept. 5 from 10AM – 2PM

**FALL BIRDWATCHING**

Mt. Tom State Reservation, Holyoke

Sugarloaf State Reservation

Great Falls Discovery Center, Turners Falls

Saturday, September 13

Saturday, October 18

Saturday, November 15

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*The Massachusetts Department of Conservation and Recreation (DCR), an agency of the Executive Office of Energy and Environmental Affairs, oversees 450,000 acres of parks and forests, beaches, bike trails, watersheds, and dams, in addition to 278 bridges and miles of roadways. Led by Commissioner Richard K. Sullivan Jr., the agency's mission is to protect, promote, and enhance our common wealth of natural, cultural, and recreational resources. To learn more about DCR, our facilities, and our programs, please visit [www.mass.gov/dcr](http://www.mass.gov/dcr). Contact us at [mass.parks@state.ma.us](mailto:mass.parks@state.ma.us).*